





Northern Senior Activity Center

November 2023

Mon	Tue	Wed	Thu	Fri
<div>Hours of Operation</div> <div>8 a.m. - 4:30 p.m.</div> <div>Last Entry at 4 p.m.</div>	<div>Stepping Up Your Nutrition</div> <div>1-on-1 with certified instructor Debbie Buckler.</div> <div>Reserve your appointment online!</div>	<div>1 9:30-10:30 am: Chair Yoga (Paty) \$</div> <div>9:30 am-12:30 pm: Dynamic Ceramics</div> <div>10-11:30 am: Coloring Group II*</div> <div>10:45-11:45 am: Arthritis Exercise (Debbie)</div> <div>Noon-1:30 pm: Stepping Up Your Nutrition</div> <div>1-2:30 pm: Line Dancing (Colleen)</div> <div>1-2:30 pm: Coloring Group*</div> <div>1-4 pm: Crafty Corner (Studio)</div> <div>1-4 pm: Crochet DIY</div>	<div>2 8 am-4 pm: Open Studio & Crafty Corner</div> <div>9 am-Noon: Cycling Without Age—Rides</div> <div>9:30-10:30 am: Enhance Fitness (Cheryl) \$</div> <div>10 am: Crime Solvers*</div> <div>10 am-1 pm: Bridge</div> <div>1-2 pm: Arthritis Exercise (Debbie)</div> <div>1-4:30 pm: Eastern Mahjong</div> <div>2:15-3:45 pm: Stepping Up Your Nutrition—Appts</div>	<div>3 8 am-4 pm: Open Studio</div> <div>9-10 am: Enhance Fitness (Annette) \$</div> <div>9:45-11:15 am: Bingo</div> <div>10 am-Noon: Art Pottery—HC Mug (1 of 2) \$</div> <div>10 am-2 pm: Oh Heck Cards</div> <div>10 am-4:30 pm: Double Pinochle</div> <div>1-2 pm: R&B Line Dancing</div> <div>1-4 pm: Art Playtime with Barbara Ferrante</div> <div>1-4:30 pm: SWAG — Cards</div>
<div>6</div> <div>8 am-Noon: Open Studio & Crafty Corner</div> <div>10 am-4 pm: Billiards</div> <div>1-4 pm: Crochet DIY</div> <div>^AWAKENING YOGA CANCELLED</div> <div></div>	<div>7 8 am-4 pm: Open Studio & Crafty Corner</div> <div>9:30-10:30 am: Enhance Fitness (Geno) \$</div> <div>10 am-2 pm: Oh Heck Cards</div> <div>10 am-4:30 pm: Double Pinochle</div> <div>10:45-11:45 am: Zumba Gold (Geno) \$</div> <div>1-3:30 pm: Wii Bowling League (4 of 6) \$</div> <div>1-4:30 pm: SWAG — Cards</div>	<div>8 9-10 am: Veterans Day Breakfast Café \$</div> <div>9:30 am-12:30 pm: Dynamic Ceramics</div> <div>10 am: Cycling Meetup</div> <div>10:45-11:45 am: Arthritis Exercise (Debbie)</div> <div>11:30 am-3:30 pm: Quilting for Beginners*</div> <div>Noon-1:30 pm: Stepping Up Your Nutrition</div> <div>1-2:30 pm: Line Dancing (Colleen)</div> <div>1-4 pm: Crafty Corner (Studio)</div> <div>1-4 pm: Crochet DIY.</div> <div>^CHAIR YOGA CANCELLED</div>	<div>9</div> <div>8 am-4 pm: Open Studio & Crafty Corner</div> <div>9:30-10:30 am: Enhance Fitness (Cheryl) \$</div> <div>9:30 am: Cardmaking</div> <div>10 am-1 pm: Bridge</div> <div>1-2 pm: Arthritis Exercise (Debbie)</div> <div>1-4:30 pm: Eastern Mahjong</div> <div>2:15-3:45 pm: Stepping Up Your Nutrition</div>	<div>10</div> <div>CENTER CLOSED</div> <div>Veterans Day</div> <div>(Observed)</div>
<div>13</div> <div>8 am-Noon: Open Studio</div> <div>9:30-10:30 am: Awakening Yoga (Judi) \$</div> <div>10 am: Genealogy—Getting Started with Louise McDonald</div> <div>10 am-3 pm: Scrapbooking*</div> <div>10 am-4 pm: Billiards</div> <div>1-4 pm: Crochet DIY</div>	<div>14 8 am-4 pm: Open Studio</div> <div>9:30-10:30 am: Enhance Fitness (Geno) \$</div> <div>10 am-Noon: Homemakers*</div> <div>10 am-2 pm: Oh Heck Cards</div> <div>10 am-4:30 pm: Double Pinochle</div> <div>10:45-11:45 am: Zumba Gold (Geno) \$</div> <div>11 am-12:30 pm: Turkey & Tunes Thanksgiving Luncheon with Joe Norris \$</div> <div>Noon-4 pm: Crafty Corner</div> <div>1-3:30 pm: Wii Bowling League (5 of 6) \$</div> <div>1-4:30 pm: SWAG — Cards</div>	<div>15 9:30-10:30 am: Chair Yoga (Paty) \$</div> <div>9:30 am-12:30 pm: Dynamic Ceramics</div> <div>10-11:30 am: Coloring Group II*</div> <div>10:45-11:45 am: Arthritis Exercise (Debbie)</div> <div>Noon-1:30 pm: Stepping Up Your Nutrition</div> <div>1-2:30 pm: Line Dancing (Colleen)</div> <div>1-2:30 pm: Coloring Group*</div> <div>1-4 pm: Crafty Corner (Studio)</div> <div>1-4 pm: Crochet DIY</div>	<div>16 8 am-4 pm: Open Studio & Crafty Corner</div> <div>9:30-10:30 am: Enhance Fitness (Cheryl) \$</div> <div>10 am-1 pm: Bridge</div> <div>1-2 pm: Arthritis Exercise (Debbie)</div> <div>1-3 pm: Crafting with Helene & Colleen —Holiday Hoop Wreath</div> <div>1-4:30 pm: Eastern Mahjong</div> <div>2:15-3:45 pm: Stepping Up Your Nutrition—Appts</div>	<div>17 8 am-4 pm: Open Studio & Crafty Corn.</div> <div>9-10 am: Enhance Fitness (Annette) \$</div> <div>9:45-11:15 am: Bingo</div> <div>10 am-Noon: Art Pottery—HC Mug (2 of 2) \$</div> <div>10 am-2 pm: Oh Heck Cards</div> <div>10 am-4:30 pm: Double Pinochle</div> <div>1-2 pm: R&B Line Dancing</div> <div>1-4:30 pm: SWAG—Cards</div> <div></div>
<div>20</div> <div>8 am-Noon: Open Studio & Crafty Corner</div> <div>9:30-10:30 am: Awakening Yoga (Judi) \$</div> <div>10 am-Noon: Diamond Dazzle (Group 1)*</div> <div>10 am-4 pm: Billiards</div> <div>Noon-1 pm: Nutrition Education —Pre-Diabetes Risk Factors</div> <div>1-3 pm: Diamond Dazzle (Group 2)*</div> <div>1-4 pm: Crochet DIY</div>	<div>21 8 am-4 pm: Open Studio & Crafty Corner</div> <div>9:30-10:30 am: Enhance Fitness (Geno) \$</div> <div>10 am-2 pm: Oh Heck Cards</div> <div>10 am-4:30 pm: Double Pinochle</div> <div>10:45-11:45 am: Zumba Gold (Geno) \$</div> <div>1-3:30 pm: Wii Bowling League (6 of 6) \$</div> <div>1-4:30 pm: SWAG — Cards</div>	<div>22 9:30-10:30 am: Chair Yoga (Paty) \$</div> <div>9:30 am-12:30 pm: Dynamic Ceramics</div> <div>10 am: Cycling Meetup</div> <div>10:45-11:45 am: Arthritis Exercise (Debbie)</div> <div>11:30 am-3:30 pm: Quilting for Beginners*</div> <div>Noon-1:30 pm: Stepping Up Your Nutrition</div> <div>1-2:30 pm: Line Dancing (Colleen)</div> <div>1-4 pm: Crafty Corner (Studio)</div> <div>1-4 pm: Crochet DIY</div> <div></div>	<div>23</div> <div>CENTER CLOSED</div> <div>Thanksgiving</div>	<div>24</div> <div>CENTER CLOSED</div> <div>Holiday</div> <div></div>
<div>27</div> <div>8 am-Noon: Open Studio & Crafty Corner</div> <div>9:30-10:30 am: Awakening Yoga (Judi) \$</div> <div>10 am-3 pm: Bella Canvas Craft \$</div> <div>10 am-4 pm: Billiards</div> <div>1-4 pm: Crochet DIY</div>	<div>28 8 am-4 pm: Open Studio</div> <div>9:30-10:30 am: Enhance Fitness (Geno) \$</div> <div>10 am-Noon: Homemakers*</div> <div>10 am-2 pm: Oh Heck Cards</div> <div>10 am-4:30 pm: Double Pinochle</div> <div>10:45-11:45 am: Zumba Gold (Geno) \$</div> <div>Noon-4 pm: Crafty Corner</div> <div>1-3:30 pm: Wii Bowling League (Awards)</div> <div>1-4:30 pm: SWAG — Cards</div>	<div>29 9:30-10:30 am: Chair Yoga (Paty) \$</div> <div>9:30 am-12:30 pm: Dynamic Ceramics</div> <div>10:45-11:45 am: Arthritis Exercise (Debbie)</div> <div>Noon-1:30 pm: Stepping Up Your Nutrition</div> <div>1-2:30 pm: Line Dancing (Colleen)</div> <div>1-4 pm: Crafty Corner (Studio)</div> <div>1-4 pm: Crochet DIY</div>	<div>30</div> <div>8 am-4 pm: Open Studio & Crafty Corner</div> <div>9:30-10:30 am: Enhance Fitness (Cheryl) \$</div> <div>10 am-1 pm: Bridge</div> <div>12:30-3:30 pm: Pitch Card Day \$</div> <div>1-2 pm: Arthritis Exercise (Debbie)</div> <div>1-4:30 pm: Eastern Mahjong</div> <div>2:15-3:45 pm: Stepping Up Your Nutrition—Appts</div>	

Important Information

The Online Registration System

Opened on October 20 at 8 a.m. for select November & December activities.

To create an account & register for activities, visit www.stmaryscountymd.gov/aging and click the button that reads **"View & Sign Up for Activities & Programs."**

This month, online reservations are needed for:

- * Art Pottery, Art Playtime, Bella Canvas Craft, Cardmaking, Cycling Without Age, Genealogy: Getting Started, Nutrition Education, Stepping Up Your Nutrition, Turkey & Tunes with Joe Norris, Veterans Day Breakfast Café, & Wii Bowling League.
- * For details, see *Online Registration System*, *E-News*, or the *New Beginning newsletter*. Accommodations will be made for those requiring registration assistance by leaving a voicemail request at (301) 475-4200, **ext. 3115**.

Additionally:

- * **Lunches**— need a reservation by calling the kitchen **ext. 3105** by noon the day before. *See the front desk with any questions.*
- * **Tech Rescue**— Keilan Ruppert is offering tech help by appointment for a particular problem or hang-up.
To request a 15-30 minute appointment, email Keilan.Ruppert@stmaryscountymd.gov (preferred) or call **ext. 3103**.
Please include device information & questions/concerns when requesting.

Register for Zoom Fitness Classes

Registration for **November & December** virtual fitness classes opened on October 20.

Monday	Tuesday	Wednesday	Thursday	Friday
9-10 am: Enhance Fitness with Sherry	8:30-9:30 am: Enhance Fitness with Karen 10-11 am: Chair Assisted Yoga with Karen 3-4 pm: Chair Pilates with Sherry	9-10 am: Enhance Fitness with Sherry	8:30-9:30 am: Enhance Fitness with Karen 10:45-11:45 am: Awakening (Mat) Yoga with Judi	10-11 am: Chair Assisted Yoga with Judi

Reminders

- In-person classes at the Center are open to St. Mary's & out-of-county residents. Most are drop-in unless otherwise indicated.
- **ZOOM** fitness classes are held virtually and open to all members.
- Updated membership paperwork is required before participating.
- Any programs requiring a fee are shown with \$ (In-person fitness classes require a fitness card purchase). Payments may be made with a credit card (Visa or Mastercard) or in-person at the front desk. Check or exact cash are also accepted.

The Staff

(301) 475-4200

MarieNoelle Lautieri
Operations Manager, **ext. 3102**
MarieNoelle.Lautieri@stmaryscountymd.gov

Keilan Ruppert
Program Specialist, **ext. 3103**
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Helene Hunter
Senior Office Specialist, **ext. 3101**
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Ginger Quade
Food Service Technician, **ext. 3105**
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TJ Hudson
MAP I&A Caseworker, **ext. 3104**
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**Computer Lab
& Workout Room**
Drop-in basis
with usage maximums

For weather related closures and cancellations...
Call (301) 475-4200, **ext. 3101**

The * symbol indicates full with waitlist.

*Programs may be subject to change
or additional programs may be added.
Call ahead for more info on any program!*

